

# Can nurse delivered cognitive behavioural therapy reduce the impact of hot flushes and night sweats in women who have had breast cancer?

<b>Submission date</b> 04/01/2017	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 25/01/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 15/09/2022	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

<http://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-trial-looking-at-cognitive-behavioural-therapy-to-reduce-the-impact-of-hot-flushes-and-night>

## Contact information

### Type(s)

Public

### Contact name

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## Additional identifiers

### Protocol serial number

33060

# Study information

## Scientific Title

A multicentre randomised controlled trial of a breast care nurse delivered cognitive behavioural therapy (CBT) intervention to reduce the impact of hot flushes in women with breast cancer

## Acronym

MENOS 4

## Study objectives

The aim of this study is to evaluate whether group cognitive behavioural therapy (CBT) delivered by NHS breast care nurses can effectively reduce the impact of hot flushes in women who have completed treatment for breast cancer.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

South Central – Hampshire A Research Ethics Committee, 17/08/2016, ref: 16/SC/0364

## Study design

Randomised; Interventional; Design type: Treatment, Psychological & Behavioural, Complex Intervention

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Specialty: Cancer, Primary sub-specialty: Breast Cancer; UKCRC code/ Disease: Cancer/ Malignant neoplasm of breast

## Interventions

Randomised Controlled Trial:

Women will be randomly allocated 1:1 to one of two groups.

Investigative treatment (Group CBT) only:

Patients allocated to receive group CBT treatment will be invited to attend six therapy sessions, one per week, at or near their local hospital. Sessions will be led by a trained breast care nurse, following a structured manual, and will last 90 minutes each. These sessions will be recorded to check the quality of the session delivered. Some participants will also be asked to take part in face-to-face interviews to ask some more questions about how they felt about the therapy and get feedback about things not covered by the questionnaires. Approximately 1-2 people from each group will be invited to take part in these interviews.

Standard care only:

Patients allocated to receive standard care. They will not be invited to group therapy sessions but at the end of the study, will be offered a booklet and CD that includes the same information

delivered through group CBT sessions. A one-to-one meeting with a breast care nurse to discuss the main parts of the booklet may be arranged, followed by two follow up telephone calls to discuss progress and address any problems.

Participants in both groups will be sent a questionnaire booklet to complete at weeks 9 and 26. Some participants who receive the group CBT intervention will also be invited to take part in optional interviews.

**Process Evaluation:**

A group evaluation questionnaire will be administered at the end of the six-week intervention to those participants in the intervention arm. Interviews will be conducted with patients and key stakeholders from each of the study centres at the completion of the intervention. Semi structured interview schedules will be developed, guided by consideration of the four areas identified through Normalisation Process Theory. An experienced clinical psychologist, who is independent of the study team, will rate a random selection of group session recordings and rate them for adherence to the treatment manual.

**Intervention Type**

Other

**Phase**

Phase III

**Primary outcome(s)**

Randomised Controlled Trial:

Impact of hot flushes and night sweats is measured using the Hot Flush and Night Sweats (HFNS) Problem Rating (1–10) at baseline and 26 weeks

**Process Evaluation:**

Acceptability of intervention is assessed through participant interviews, fidelity ratings of recordings of the intervention, an unvalidated questionnaire and session attendance figures at study end.

**Key secondary outcome(s)**

1. Impact of hot flushes and night sweats is measured using the Hot Flush and Night Sweats (HFNS) Problem Rating (1–10) at baseline and 9 weeks
2. Sleep quality is measured using the Pittsburgh Sleep Quality Index at baseline, 9 and 26 weeks
3. Impact of hot flushes on daily activities and overall quality of life is measured using the Hot flush related daily interference scale at baseline, 9 and 26 weeks
4. Anxiety is measured using the Generalised Anxiety Disorder Questionnaire at baseline, 9 and 26 weeks
5. Depression is measured using the Patient Health Questionnaire at baseline, 9 and 26 weeks
6. Health-related quality of life is measured using the FACT B + ES at baseline, 9 and 26 weeks
7. Hot flush beliefs and behaviours is measured using the Hot Flush Beliefs and Behaviour Scale (Short Form) at baseline, 9 and 26 weeks
8. Quality of life is measured using the EQ-5D-5L at baseline, 3, 6, 9 and 26 weeks

**Completion date**

03/01/2019

**Eligibility**

**Key inclusion criteria**

Randomised controlled trial:

1. Women with primary breast cancer or DCIS
2. Women who have completed primary surgery radiotherapy and chemotherapy (may still be receiving adjuvant endocrine therapy or Herceptin)
3. Aged 16 years and over
4. Experiencing seven or more problematic HFNS/week, with an overall problem rating score of 4 /10 or more
5. Ability and willingness to attend group sessions
6. Written informed consent

Process evaluation:

1. BCNs delivering the intervention (2 from each centre)
2. Purposively selected participants from the intervention arm who have consented to be interviewed (2 from each centre)
3. Managers and medical staff from participating centres, who are responsible for breast care services (1 manager and 1 member of the medical team from each centre)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

16 years

**Sex**

Female

**Total final enrolment**

130

**Key exclusion criteria**

Randomised controlled trial:

1. Benign breast disease
2. Metastatic disease
3. Current use of other therapies to help with HFNS, e.g. acupuncture, hypnosis and mindfulness

Process evaluation:

Participants who have not indicated that they are happy to be interviewed on the Consent Form.

**Date of first enrolment**

01/02/2017

**Date of final enrolment**

01/03/2018

# Locations

## Countries of recruitment

United Kingdom

England

Wales

## Study participating centre

### Walsall Manor Hospital

Moat Road

Walsall

United Kingdom

WS2 9PS

## Study participating centre

### York Hospital

Wigginton Road

York

United Kingdom

YO31 8HE

## Study participating centre

### Yeovil District Hospital

Higher Kingston

Yeovil

United Kingdom

BA21 4AT

## Study participating centre

### Queen Alexandra Hospital

Southwick Hill Road

Portsmouth

United Kingdom

PO6 3LY

## Study participating centre

### Luton and Dunstable University Hospital

Lewsey Road

Luton  
United Kingdom  
LU4 0DZ

**Study participating centre**  
**Royal Glamorgan Hospital**  
Ynysmaerdy  
Llantrisant  
United Kingdom  
CF72 8XR

## Sponsor information

**Organisation**  
University of Southampton

**ROR**  
<https://ror.org/01ryk1543>

## Funder(s)

**Funder type**  
Charity

**Funder Name**  
Breast Cancer Now

**Alternative Name(s)**  
BCN

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
Trusts, charities, foundations (both public and private)

**Location**  
United Kingdom

## Results and Publications

## Individual participant data (IPD) sharing plan

The current data sharing plans for the current study are unknown and will be made available at a later date.

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/10/2020	20/05/2021	Yes	No
<a href="#">Protocol article</a>	protocol	08/05/2018		Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Plain English results</a>			15/09/2022	No	Yes